

Best Way to Get Rid of Acne – Best Home Remedies for Acne

Best way to get rid of acne in 7 days

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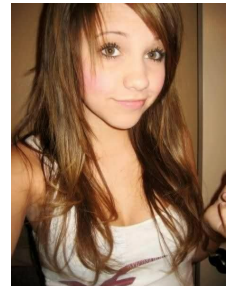
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You have done everything you can just to get rid of acne. But the problem is that your acne is still there haunting your skin. And you kept on wondering how will you ever get rid of acne fast? Now, you are on the right place and **I want to share a little experience of mine and acne.**

Acne was an issue for many years, but I eventually found a way to fix the problem. We are all guilty of falling for deceiving acne solutions. By now, everyone deserves to know the truth!



In order for you to get rid of acne forever,

1. You must learn what the cause of your acne is and how to control it.
2. The right and effective acne treatment means a treatment not only remove acne from the face but it also stops it from coming again.

Those of us who suffer from acne have usually been given two choices and neither of them work:

1. **Go to a pharmacy for over-the-counter treatment solutions**, such as creams, cleansers and ointments. These products may seemingly provide results, but for the longest time they have proven to be ineffective. Why? Simply because they don't go after the reason behind your acne troubles!
2. **Go to a dermatologist or doctor.** From here, you will likely receive a prescription for similar applicable treatment product. Believe it or not, even the solution given medically will not eliminate the acne issues. Why? It doesn't go after the reason behind the problem!

I found a step by step guide that **cured my acne and it has never come back.** It is amazing and doesn't use any drugs doctors or dermatologist. That's the hard truth: acne is curable without medicine, and without doctors. That is, so long as we understand the things these medical professionals and pharmaceuticals companies DON'T want us to know.

Acne No More is a wonderful website for anyone with acne problems. It contains the doctor, drug-free approach I mentioned and comes with much more knowledge on how to successfully treat acne. It might help you, just as much as it helped me!



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What Should My Daily Routine Be To Treat Acne?

If you want to get rid of your acne forever, then make sure that you drink lots of water, sleep deeply, and also eat healthy, minimizing carbs of little or no nutritional value as well as excess sugar. Lack of sleep adds to stress, which is known to cause breakouts, and diet plays a key role in providing the nutrients our skin needs to heal and repair it. Always keep in mind what is in your food and make sure it is genuinely good for your skin in the long run.

Acne is an evil that is difficult to escape, especially if you cannot afford to take endless trips to the drug store. You feel trapped and frustrated and don't know what to do next. What is left for there to do?

Fortunately, there is still hope. In fact, some cases have proven that home remedies have more in the fight against acne than anything that a doctor could prescribe. This can be trusted by taking into account that some remedies have been done for centuries and have helped people gain titles making them famous for their beauty. History is the best teacher, is it not?

Diet

Having a balanced diet is one crucial part of getting clear skin. There are certain foods that are meant to be avoided and certain ones that will strengthen weak or damaged skin cells.

Foods to Avoid:

- Dairy (Milk, ice cream, etc.)
- Oils (Salad dressings, fried foods, etc.)
- Sugar (Cake, cookies, etc.)
- Salty foods (Pretzels, chips, etc.)

Foods to Eat:

- Vegetables (Especially carrots and spinach.)
- Fruits (Tomatoes, Apples, and Lemons are very helpful.)
- Nuts (Peanuts, almonds, and hazelnuts especially, but with low sodium.)
- Tea (Green or oolong tea is the best.)

Exercise and Heat

This one might be a bit different. Yes, exercise is an important accessory for your skin. But heat? When you are active, your body sweats, therefore opening your pores, and releasing toxins to the surface of your skin. When not properly removed,

the dirt and oils just lie there, and eventually make its way into your body again. How can this be stopped?

Simply by applying heat – By applying heat, I mean taking a hot, wet washcloth and rinsing your skin. This removes any unwanted gunk off the surface of your skin. However, since heat opens one's pores, you still aren't done yet. You must then take a cold compress and rinse your face. This closes the pores, sealing in the cleansing factors. Leaving your skin feeling refreshed with no facial cleansers needed.

Relaxing

Believe it or not, stress is a huge factor when it comes to your skin. When your body is stressed, it sends an alert to whole system; causing your heart to race, stomach to churn, and face to sweat. What happens when sweat is created? Dirt and oil in the skin is brought to the surface. Thus, relaxing and keeping calm in a nervous situation is just a great tip to remember. It also helps if you give your skin a break, as well.

Scrubs

There are many techniques to creating an acne scrub, and there are many that are made for different people with different skin types. But one universal, very effective treatment is this:



Ingredients:

- 2 TBS of baking soda
- 1/4 cup of orange juice
- 1 tsp of lemon juice

Steps:

Mix all three ingredients in order. Stir with a spoon until foamy and fizzy. Apply to heat-cleansed face and let harden for 20 minutes. Rinse with warm water.

Top 10 Home Remedies for Acne

In this video you are going to learn today about the best 10 home remedies for acne.

The best of luck to you in your battle with acne. May all these treatments help to the best of their ability!

Best Mask for Acne Scars

In this video you are going to learn today about the best mask for acne scars, which are an extremely frustrating and embarrassing problem to have to suffer and put up with. You don't need to break the bank or use harmful chemicals to rid yourself of acne scars; keep watching to find out about this amazing acne scar mask.

10 Bad Skin Habits that Lead to Acne

Millions of people suffer from acne. Acne is unattractive and can cause self esteem issues. While you may think that you are doing everything that you can to prevent acne, you may have bad skin habits which are causing acne.

1. Washing Your Skin Too Often

It is important to wash your face to remove the dirt and oils from the skin, which cause acne. If you wash your face too often, it can make the acne worse. The best way to be sure that your face is free of dirt and oils, is to wash your face when you wake up in the morning and before you go to bed. Washing more often than that can cause acne, and aggravate any existing acne.

2. Scrubbing Your Skin

While washing your skin is very important, it is also important to wash properly. If you use a loofah or a harsh exfoliant, you can make your acne prone skin worse. The best way to wash your face is with warm water and a gentle cleanser.

3. Not Washing Sweaty Skin

Many people do not wash their face after a workout or working in the sun all day. This can cause acne. The oils produced from your sweat can cause acne or aggravate existing acne. It is a good idea to wash your skin immediately after exercise.

4. Popping Pimples

When many people have pimples, they feel compelled to pop them. The faster they can make the pimple go away, the better. This is a bad habit. When you squeeze and pop your pimples, it can cause redness, the pus can go down deeper into the skin, causing more pimples, and can even scar. When you have a pimple, keep your hands off your face, and use a lotion or cream to treat acne.

5. Infrequent Use of Shampoo

Many people do not wash their hair everyday because they are worried that they will dry out their hair. When it comes to acne, this is a mistake. When you have oil in your hair, and it gets on your face, it can seep into the skin, causing pimples.

6. Hair Products on Your Face

When you are using hair products, such as gel and hairspray, it is easy to get some on your face. When this happens, it can clog your pores, causing acne. When you are doing your hair, it is important to prevent the hair products from coming into contact with your skin. If it does, you should wash your face immediately.

7. Eating Greasy Food

Many people believe that eating greasy food can cause acne. This is not true; however, greasy food can make acne-prone skin worse. The excess oils from the food can get on the skin. The best way to protect your skin is to stick to a healthy diet, free of fried and greasy foods.

8. Stopping the Use of Your Acne Treatment

Often times, when a person's acne treatment has worked, and they are acne free, they stop using the treatment. This is a bad idea. Just because your skin is clearing up, the treatment does not stop your skin from being prone to acne. When you stop your treatment, you could experience another breakout. Even if your acne clears up, you should still use your treatment to prevent future breakouts.

9. Using Cosmetics Which Contain Oil

Oil is the number one cause of acne. When you use cosmetics which contain oil, you are introducing more oil to your already acne prone skin. When purchasing cosmetics, you should look for brands which are labeled "oil free".

10. Sleeping With Your Hair Down

When you sleep with your hair down, the oils from your hair can get onto your face, causing acne. Also, the oils can get on your pillow, which then transfer to your face. If you have long hair, it is a good idea to wear your hair in a pony tail or a bun, to prevent transmission of the oil to your face.

Having acne prone skin can be a problem, if you do not know how to treat and prevent breakouts. By breaking the above bad habits, you can limit the number of breakouts that you have.

Top 10 Tips for Best Acne Treatment

Despite what the commercials may tell us, fighting acne isn't always as easy as buying a bottle of product and smearing it all over our faces. Below are the top 10 tips for best acne treatment to help fight and prevent acne at the same time.

1. Know Your Skin

Everyone responds different to any given acne solution. Skin dryness and sensitivity are two important factors when deciding on an acne fighting medication. If sensitive skin is exposed to vigorous medications, matters may become worse. Taking a look at acne product reviews by others with your skin type may save lots of money and aggravation in the long run.

2. You Are What You Eat



Perhaps medication isn't needed at all. A simple diet change can make a world of difference. Foods high in certain antioxidants and vitamin A with low glycemic ratings can aid in both the treatment and prevention of acne. Carrots, blueberries and sweet potatoes are a handful of the many foods that fall into this group.

3. Leave Your Face Alone!

Picking at your face and popping zits only makes matters worse. Not only does touching your face spread grease and germs all over it, popping zits or picking at skin can leave permanent scarring and spread acne around even more.

4. Mind What Your Face Comes In Contact With

Things which always come in contact with your face should be clean. Most people don't think about washing their makeup brushes or phones, but they should be. Brushes can be washed easily in the sink with some soap and phones can be sanitized with an alcohol swab. It's also a good idea to change your pillow cases on at least a weekly basis.

5. Baking Soda and Coconut Oil

It's the home remedy that works. Baking soda and (melted) coconut oil mixed together at a 1:2 ratio can work as well as any store bought facial cleanser, can be made for next to nothing and is becoming fairly popular as an acne fighter. This concoction is especially useful for those with skin too sensitive for most facial cleansers and acne fighting treatments.

6. Keep Active

We've known for a long time that exercise has benefits. According to recent research, clearer skin is one of them. It is recommended that everyone get at least 15 minutes of exercise a day, this is just another reason to do so.

7. Stay Hydrated

Dehydration causes dry skin. When dehydrated, one's body will combat dehydration's skin drying effects with excess oil secretion, thus leading to more acne later on down the road. Drinking lots of water helps prevent acne and aids in acne treatment.

8. Don't Panic



Stress can do many undesirable things to a body and causing acne is one of them. Deep breathing and muscle relaxation exercises are a couple of the many ways to help manage one's stress. Acne or no, a little less stress is good for everyone.

9. Wash Your Hands

We've gone over not picking at our face. Still, it can happen when we're off guard or simply not paying attention. To minimize the damage, hands should be washed after eating, using the bathroom, handling pets or whenever we do anything less than sanitary.

10. Drink Up

We know that water is good for acne, but did you know red wine and green tea also fight acne? Studies show that the antioxidants in red wine are excellent when it comes to fighting acne. Wine, when used in moderation (such as a glass after dinner), is a great acne fighter. Green tea is much the same and can work wonders when used in place of the morning cuppa joe.

As previously mentioned, everyone has different skin with different needs. When it comes to medication, there is really no one size fits all. Let these neutral tips be a guideline for gentle treatment for all skin types, you may just be surprised how much can be achieved without traditional medications.

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